

Reproductive markers associated with risk of diabetes

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age 13 years. The increased risk was observed only in women with BMI ≥ 25 kg/m² after stratification by BMI. Women with a hysterectomy/oophorectomy had an increased risk of diabetes (relative risk, 1.17) compared with pre-/peri-menopausal women.

"Several markers of a woman's reproductive history appear to be modestly associated with future risk of diabetes," the authors write. "Maintaining a normal weight in adult life may ameliorate any increase in risk conferred by early onset of [menarche](#)."

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(HealthDay)—Markers of reproductive history, including age of menarche and parity, may be tied to future diabetes risk in women with a body mass index (BMI) ≥ 25 kg/m², according to a study published in *Diabetes, Obesity and Metabolism*.

Nirmala Pandeya, Ph.D., from the University of Queensland in Brisbane, Australia, and colleagues used data from 126,721 middle-aged [women](#) participating in cohort studies contributing to the International Collaboration for a Life Course Approach to Reproductive Health and Chronic Disease Events to assess the associations of age at menarche, age at first birth, parity, and menopausal status with incident [diabetes](#).

The researchers found that over a median follow-up of nine years, 4,073 cases of diabetes were reported. There were non-linear associations with diabetes for age at menarche, parity, and age at first birth. Menarche at ≥ 10 years was associated with an 18 percent increased risk of diabetes after adjustment for BMI, compared with menarche at

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